



# COACH ASSISTANT AWARD

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## Delivery Skills Module

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# Delivery Skills Module

## Welcome to the Delivery Skills Module

As a Coach Assistant, one of your key responsibilities is to help deliver drills effectively. This means understanding different feeding techniques, ensuring players receive accurate feeds, and making adjustments to support their learning.

This module will teach you how to assist in delivering exercises efficiently, ensuring players get the best experience from each drill.

By improving your delivery skills, you will help create smooth, well-structured sessions that benefit everyone involved.

## What you will learn

By the end of this module, you should be able to:

- \* Demonstrate correct feeding techniques (drop feeding, throw feeding, basket feeding, rally feeding).
- \* Choose the right feeding method for each drill.
- \* Adapt feeding styles based on player ability and session objectives.
- \* Place feeds accurately to help players focus on technique, movement, or both.
- \* Support the coach by ensuring players receive consistent and effective feeds.

## Before the session

Before assisting in a session, make sure you:

- \* Read this Delivery Skills module in your Student Training Card.
- \* Observe the coach delivering different feeding techniques.
- \* Ask the coach which feeding methods will be used in the session.
- \* Practise different feeds in a warm-up or outside the session if needed.



# Key Skills

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## Understanding Different Feeding Techniques

- **Drop Feeding:** Gently dropping the ball for a player to hit from a static position.
  - **Throw Feeding:** Underarm or overarm throwing to encourage controlled shot-making.
  - **Basket Feeding:** Feeding multiple balls from a basket at consistent intervals.
  - **Rally Feeding:** Engaging in controlled rallies with players to simulate real match situations.
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## Choosing the Right Feeding Method

- **Drop or throw feeds:** allow focus on technique, particularly useful for beginners and the very young.
  - **Basket feeding:** introduces rhythm, repetition and allows coach to isolate areas for key focus.
  - **Rally feeding:** helps simulate matchplay situations and aids improvement of 'receiving skills'.
  - **Match the Drill Goals** – Consider whether the drill focuses on technique, movement, or both. Consider your capabilities as a coach assistant in your ability to feed accurately with the different feed methods.
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## Placing Feeds Accurately

- **Consistent Placement:** Ensure the ball lands in the right area for the drill.
  - **Modifying for Player Needs:** Adjust the feed based on ability and the drill's focus.
  - **Progressing Feeds: Start with easier feeds and gradually increase difficulty if needed.**
  - **Practice:** Outside of the session, practice the different feeding methods to increase your skill level.
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## Adapting Feeds for Technique vs. Movement

- **Technique-Based Feeds:** Place balls precisely so players can focus on their stroke.
  - **Movement-Based Feeds:** Feed slightly outside a player's comfort zone to encourage movement.
  - **Combination Feeds:** Use a mix of techniques to develop both skills together.
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## Supporting the Coach in Delivering Drills

- **Follow the Drill Instructions:** Feed exactly as instructed by the coach.
  - **Observe Player Reactions:** Adjust feeds based on how players respond.
  - **Communicate with Players:** Provide encouragement and basic reminders when needed.
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## Practical Task: Your Role in Delivery

During the next session, you will:

- 1) Assist in delivering a drill by feeding balls using the appropriate method.
- 2) Adjust feeds to match player ability and drill objectives.
- 3) Ensure feeds are accurate and consistent.
- 4) Recognise when to modify placement or speed for different player and drill needs.
- 5) Support the coach by keeping the drill running smoothly.

## After the Session: Reflect and Improve

At the end of the session, take time to:

- 1) Discuss with the coach how effective your feeding was.
- 2) Reflect on whether your feeds were accurate and consistent.
- 3) Identify one area of feeding to improve for the next session.
- 4) Get feedback from the coach and make sure they log your progress in the Student Training Card.

## How You Pass This Module

- You successfully deliver at least one drill using accurate feeding techniques.
- You use the correct feeding method for the drill and player level.
- You make adjustments to improve feed accuracy and effectiveness.
- The coach signs off your Delivery Skills module in your Student Training Card.

## Final Thoughts

Delivery skills are essential for any Coach Assistant. The better your feeds, the smoother drills will run, and the more players will improve. Accurate feeding creates a professional, structured environment where players feel supported in their development.

By mastering different feeding techniques, you will become a valuable part of the coaching setup, ensuring that every session runs effectively and players get the best possible experience.

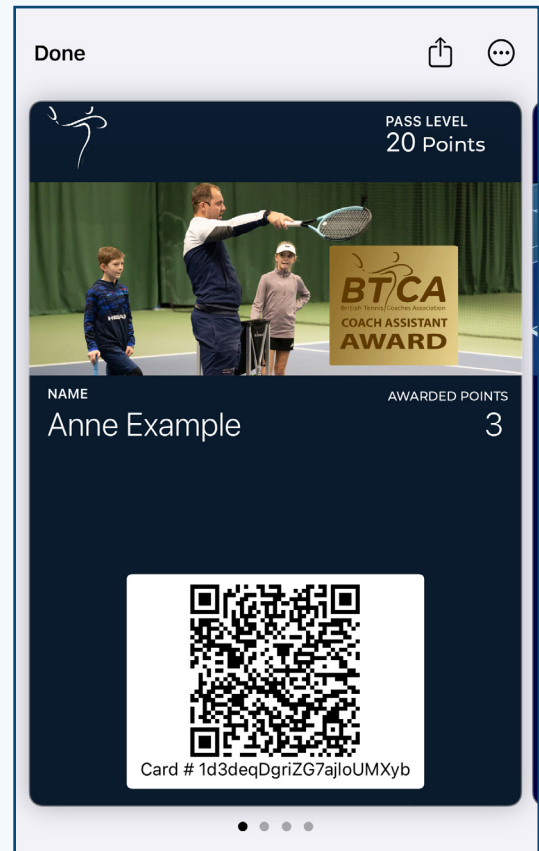
You're one step closer to becoming an excellent Coach Assistant!

# STUDENT TRAINING CARD

Your Student Training Card is a key component of the course, please ensure it is downloaded to the Wallet app of your phone (your coach can assist you if you're unsure how to do this).

Be sure to have your phone and your digital card available to be scanned at the end of each session. If you forget your phone, or your digital card is unavailable in the Wallet app of your phone, the coach can still sign off your volunteer hour attendance and any completed modules via their BTCA Dashboard, but it is an additional administration process for them, so having your digital Student Training Card available at the end of each session is important.

You will receive at least one point for each volunteer hour you undertake and a point for each module passed. When you have reached 20 points, you will have passed the course and your coach/mentor will pass on your certificate to you.



## A Summary Reminder

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Have your phone and digital Student Training Card available to be scanned at the end of each session (there'll be at least one point you gain from the volunteer hour). Don't be disheartened if the module isn't signed off at the end of the session as some modules are assessed over a number of weeks.

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Be sure to ask your coach for any feedback related to the session and ask what the module focus is for the following week.



  
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British Tennis Coaches Association  
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